This edition of the catalogue was printed on August 23, 2019.
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66 Day Journal
A Guided Journal for Creating New Habits
by Matthew Mockridge

Achieve Your Goal in 66 Days

Create new habits - and stick with them: Routines can be hard to establish. Often, our goals require us to make difficult changes in our daily lives. This daily journal by cutting-edge speaker and bestselling author Matthew Mockridge serves as a “training partner” to help us create and firmly integrate healthy routines into everyday life.

Find passion through practice: We don't need to find our true passion before we commit to a consistent routine. As readers of the 66 Day Journal will learn, it is only through maintaining regular habits that true passion emerges. When we work hard to become good at something, such as healthy eating, maintaining a regular sleep schedule, or exercising regularly, we'll find that our passion for the topic grows.

Ask quality questions, have a quality life: If we aren’t asking ourselves the important questions - “What am I proud of? What could I have done better?” - then maintaining healthy habits is harder than ever. This guided journal walks us through the difficult questions we should be asking ourselves every day. The carefully constructed questions combine mindfulness, positive psychology, and proven strategies for increased productivity to help you stay on track.

Dive into Matthew Mockridge’s 66 Day Journal and learn how to:

* Break down overwhelming “marathon” goals into 66 achievable mini goals
* Set a goal using the SMART theory (Specific, Measurable, Attainable, Relevant, Time-bound)
* Visualize where you want to be (…) 

Author Bio

Matthew Mockridge studied International Business and Management in the USA. He is a young entrepreneur, author and speaker. As the offspring of the actors and protagonists of the television series The Mockridges, Bill Mockridge (Lindenstrae) and Margie Kinsky, Matthew grows up in a slightly different family. As a brother of comedy superstar Luke Mockridge, director Nick Mockridge, movie actor Jeremy Mockridge, musician Leonardo Mockridge and DJ Liam Mockridge, Matthew also lands in the entertainment business. With his revolutionary event idea NEONSPLASH - Paint-Party(Reg TM) he placed an international party super hit, which has already inspired
Animal Kind
Lessons on Love, Fear and Friendship from the Wild
by Emma Lock

The Beauty of Animal Companionship

For hundreds of years, humans and animals have had special bonds with each other. We've lived side-by-side through thick and thin - these relationships are not just about raising pets and farm animals. Our animal companions offer inspiration, friendship, health, and real-life opportunities for recovery that we can't achieve alone.

True stories of animal therapy: In Animal Kind, Emma Lock of YouTube fame shares stories of the incredible ways that animals keep us healthy and happy, physically and mentally. You'll be inspired by the tales of remarkable recovery, from vision-impaired individuals who have gained independence with the help of seeing-eye dogs, to the woman who found new life as an equestrian champion after an arm amputation.

Friendship in surprising places: The stories in Animal Kind feature an array of relationships that may surprise you. Even wild animals like snakes and raccoons have been known to offer life-changing companionship. With each story, you'll learn fun facts about the featured species and hear from the people who love them. You'll also hear the never-before-told story of how animals changed Emma's life for good.

In Animal Kind, the YouTube star Emma Lock shares true stories of animal friendship that show us:
* The healing power of connection with other species
* The truths that animal lovers know about life
* How pets and wild animals alike can make us better people

Animal Kind: Lessons (…)

Author Bio

Currently based in New Jersey, Emma "Em" Lock, was born in the UK to her Spanish mother and Chinese father. Em's formative years were spent on the fascinating island of Hong Kong, and it was here that she nurtured her passion for exotic wildlife, catching and bringing home snakes, turtles and various insects. At the tender age of 10 years old, she managed a pet shop after school, and spent weekends in the local veterinary office, learning about different medical procedures. Having a strong affinity for the dogs whose operations she observed, she was given a job at the Hong Kong (R)SPCA, where she trained surrendered and feral dogs in preparation for re-homing. Em has since trained dogs in many different venues.
Badass Black Girl
Quotes, Questions, and Affirmations for Teens
by M.J. Fievre

A Daily Dose of Inspiration for Badass Black Girls

Explore the many facets of your identity through hundreds of big and small questions. MJ Fievre tackles topics such as family and friends, school and careers, body image, and stereotypes in this journal designed for teenage girls. By reflecting on these topics, readers confront the issues that can hold them back from living their lives.

Embrace authenticity and celebrate who you are. Finding the courage to live as you are is not easy, so here's a journal designed to help readers nurture their creativity, self-motivation, and positive self-awareness. This journal celebrates girl power and honors the strength and spirit of black girls.

Change the way you view the world. This journal provides words of encouragement that seek not just to inspire, but to ignite discussion and debate about the world. Girls, especially, are growing up in a world that tries to tell them how to look and act. MJ Fievre encourages readers to fight the flow and determine for themselves who they want to be.

Reading Badass Black Girl: Quotes, Questions, and Affirmations for Teens will help you:
* Build and boost your self-esteem with powerful affirmations
* Learn more about yourself through intensive and insightful journaling
* Resist the mold that outside opinions have put into place, and become comfortable and confident in embracing your authentic self

If books like Just Between Us: Mother & Daughter, You Are a Girl Who (…)

Author Bio

M. J. Fievre is a Haitian-American poet who writes in English and French. She has been described by Edwidge Danticat as "a prodigious talent."

"M.J. Fievre writes masterfully of emotion, giving concrete weight to words that are otherwise just floating, fluttering ideas." - Pank Magazine

"Every sentence is ripe with flourish." - The Miami Herald

"A fresh voice in an increasingly globalized world, M.J. Fievre is well on her way to becoming one of our generations' most enduring literary talents." - Saw Palm: Florida Literature & Art
Be That Unicorn
Give Yourself Permission to Be Yourself, Stand Up For Yourself and Have All the Feelings
by Jenny Block

Be the Best Version of Yourself

Being a unicorn means being the magnetic person that everyone in the room is drawn to. It means being honest and true to yourself every day, no matter what. When you are really, really good at being yourself, you'll make other people feel really, really good about themselves, too. In Be That Unicorn, Jenny Block, author of several best sellers for women, shows you how to stop putting yourself down and start finding your magic.

100% That Unicorn. The horn may be mythical, but the unicorn is real. This book offers you the confidence to be authentic and original in every aspect of your life - at home, at work, and in relationships. Sometimes it's about how to make your bed in the morning, and sometimes it's baking treats to make yourself and others feel good. You are a badass! It's time to share that shine.

Just Keep Prancing. The art of not giving a f... is knowing that sometimes you do feel like s... That's ok! Being a unicorn is about feeling your feelings. Be angry or sad when you need to be. Then get out of your own way and move on with your day.

In Be That Unicorn, Jenny Block shows you how to be a badass unicorn in so many ways, including:
* Parenting and taking care of the people you love
* Volunteering your time and inspiring your community
* Learning and (...)

Author Bio

Jenny Block is a frequent contributor to a number of high-profile publications from Huffington Post to Playboy, and is the author of O Wow: Discovering Your Ultimate Orgasm and Open: Love, Sex, and Life in an Open Marriage (winner of a 2008 Lambda Literary Award). She appears regularly on HuffPo Live, the HuffPo Sex and Love Podcast, and is featured in HuffPo’s first ever, free-standing multimedia project. She holds both her BA and her MA in English from Virginia Commonwealth University and taught college composition for nearly ten years.
The Book of Awesome Black Americans
Untold Stories of Inspirational Black Americans
by Monique L. Jones

We are familiar with a handful of African Americans who are mentioned in American history books, but there are also countless others who do not get recognized in mainstream media. Their actions may not have appeared to shake the world, but their contributions to shifting American culture were just as groundbreaking. The achievements of Black Americans included in this book range from athletic to artistic, literary to scientific. Their stories encourage readers, especially teenage boys and girls, to find their own paths for change.

Author Bio

Monique Jones is a 7-year entertainment and pop culture writer, media critic, and TV/Film reviewer. Jones has graduated with a bachelor's degree in Communications Studies from the University of Alabama at Birmingham and has written for ShockYa, TV Equals, Racialicious, Black Girl Nerds, The Nerds of Color, Tor, Ebony, Entertainment Weekly, SlashFilm, The Birmingham Times and The Miami New Times. She also writes about pop culture and media as it relates to race, culture, and representation at JUST ADD COLOR (colorwebmag.com)
A Daily Food and Exercise Journal to Track your Fitness Goals
edited by Mango Publishers

Track Your Progress.

Build Muscle. Stay Lean. Get Stronger. A Daily Food and Exercise Journal to Track your Fitness Goals is the perfect companion journal and activity tracker for healthy cookbooks like The Shredded Chef and The Ultimate Bodybuilding Cookbook.

Track Diet and Exercise in One Place: Put all of your fitness information in a journal that is just the right size - big enough for all of the day's details but small enough to take with you to the gym or the grocery store. Like helpful all-in-one fitness trackers such as Hello New Me, Build Muscle. Stay Lean. Get Stronger. is a combination meal planner, food tracker, and workout journal - and this one can easily fit in your gym bag.

A Dedicated Journal for Transforming Your Body: Build Muscle. Stay Lean. Get Stronger. is the only tracker fully dedicated to gaining healthy muscle weight while managing your macros and exercise routine. Simple, informative, clear and easy to use, this all-in-one journal will help get you started on your new life.

Using Build Muscle. Stay Lean. Get Stronger, you'll be able to keep up with what you've eaten, when you ate it, and how it improved your body. Once you get started, you'll be able to:

* Master macros
* Record your meals - breakfast, lunch, dinner, water intake, and snacks
* Progress your overall health
* Track your muscle growth

It's the perfect companion to Michael Matthews’s Bigger, Leaner, Stronger and Thinner, Leaner, Stronger.

Author Bio

Mango is an innovative independent publisher based in beautiful and sunny Miami, Florida. We publish books from the freshest, most distinctive voices of our time. Our books seek to stretch the boundaries of our online culture and media, and, through unique ideas, get social waves flowing in new directions. Learn more at: mango.bz
The Checklist Book
Set Realistic Goals, Celebrate Tiny Wins, Reduce Stress and Overwhelm, and Feel Calmer Every Day
by Alexandra Franzen

Increase Productivity by Going Back to the Basics

Too much to do, too little time? Feeling overwhelmed and stressed? Go back to the basics by writing out a simple checklist. It will change your life.

Simplicity at its best: The checklist is one of the world’s oldest - and most effective - productivity systems. If anything, author and entrepreneur Alexandra Franzen shares, it is just as valuable now as it was during the days of the Roman Empire. Writing out a simple checklist allows us to tangibly plan our day and set in stone what we want to accomplish.

Cut out unnecessary noise: There are countless apps and organizational systems out there to help us straighten out our lives, but often they only add to the madness. Trying to keep up leaves us feeling drained and overwhelmed. Learn how to choose your highest priorities, set realistic goals, celebrate tiny wins, and feel calmer every day with the magic of checklists.

Be realistic about the time in a day: By physically writing down our tasks on a single piece of paper, we force ourselves to limit how much we can do in a day. Too often, we cram our day with tasks and chores and leave almost no space for self-care or time with loved ones. We end (...)

Author Bio
Alexandra Franzen is an author and entrepreneur--and is proud to be known as a checklist freak.” She has written articles for sites like TIME, FORBES, NEWSWEEK, THE HUFFINGTON POST, THE MUSE, and LIFEHACKER, and she’s been mentioned in THE NEW YORK TIMES SMALL BUSINESS BLOG, THE ATLANTIC, USA TODAY, STYLECASTER, BRIT+CO, and INC.

Her books include YOU'RE GOING TO SURVIVE (true stories and advice on how to survive painful experiences in your career), 50 WAYS TO SAY YOU'RE AWESOME (a book about the power of saying "thank you"), and SO THIS IS THE END (a novel about a woman with exactly one day to live).

She's the creator of GET IT DONE, an online class that helps you tackle a project you've been avoiding and finally get it handled. She's the founder of THE TINY PRESS, a publishing imprint specializing in short books that are 100 pages or less. She also works as a copywriter and consultant, helping
Civil Disobedience
Entrepreneurial Lessons from an Extraordinary Life
by Karen Civil

The miraculous journey of a boss lady: Karen Civil's rags to riches story is a powerfully inspirational one. In the beginning, Civil was a young black female entrepreneur with a dream; read about her entrepreneurial journey as she overcame adversity and achieved success in digital marketing: a field dominated by white men.

An entrepreneur book for black women: From a working class first generation immigrant to a star in marketing working with celebrity clients like the Backstreet Boys and Lil' Wayne, Civil's journey is bound to inspire any young entrepreneur: especially black female entrepreneurs just starting on their paths to success.

Lessons on perseverance, self-improvement, and success: As Civil narrates her incredible rise to the top, you'll get inspiration, motivation, and a tantalizing glimpse into her business and her relationships with celebrities. Throughout the book, episodes from Civil's extraordinary life illuminate lessons that anyone - but especially black women in America - can apply to themselves to transcend and overcome.

Author Bio
Karen Civil is an American social media and digital media marketing strategist. She gained attention for helping to create and run Weezyxthanxyou.com, a website where the rapper Lil Wayne published letters to his fans while he was incarcerated at Rikers Island. Civil won a 2009 Black Web Award from Essence magazine. In 2010, the staff of MTV News thanked her for contributions she made to their urban journalism. In 2012, Civil was named to the Ebony Power 100 list. On September 15, 2015, Civil was a guest speaker at the White House Champions of Change event honoring young women and their contributions to their communities. She has been compared to Oprah Winfrey for her influence in the rap industry. Black Enterprise named Civil "social influencer of the year." In 2014, Civil was honored at both the 2014 BET Awards and the Salute 2014 Dinner. LA Weekly writer Mara Shalhoup wrote an article discussing Civil's various accomplishments, particularly her work with campaigning for Hillary Clinton in the 2016 U.S. Presidential election and her social media work. Civil has been outspoken about women's rights in the workplace and in hip hop. Appearing on the Scoop B Radio podcast in 2017, Civil told Brandon Scoop B Robinson that she's glad that the me-too movement was created, because it shows that women are not going to take it. She has been featured on the radio show The Breakfast Club.
The Crystal Companion
Stones and Gems for Health, Wealth and Happiness
by Cerridwen Greenleaf

Using crystals and gems in your daily life can bring love into your life, peace of mind, better health and even greater success and prosperity. Rocks and gems have been part of the human experience for millennia, and for good reason. By incorporating crystals into your life, you will create a flow of positive energy that will enhance your home, bring you luck, reduce stress, relieve pain, inspire you at work, help you sleep better and much more. We have a vast healing and life-changing trove of beautiful and sacred stones from which to choose, and each stone has its own inherent qualities. Every crystal is unique for the energy it emits and how it interacts with you. In Cerridwen Greenleaf's The Crystal Companion, you will learn about your secret birthstones and which crystals, gems and minerals will bring you wellbeing, abundance, true love and sheer joy.

Author Bio

Cerridwen Greenleaf is a writing instructor, a medieval scholar, and practicing astrologer. She leads spirituality workshops and retreats throughout the U.S, and has published a number of books on mysticism. She is also the author of Running Press’s bestselling gift books, The Witch’s Spellbook and Spells for Love and Romance.
**Dads for Daughters**
How Fathers Can Support Girls and Women for a Successful Feminist Future
by Michelle Travis

**Build a More Equitable World for Your Daughter**

**A world where your daughter can thrive.** Today's generation of feminist dads are raising confident, empowered daughters who believe they can achieve anything. But the world is still profoundly unequal for women and girls, with workplaces built by men for men, massive gender pay gaps, and deeply-ingrained gender stereotypes. *Dads for Daughters: How Fathers Can Support Girls and Women for a Successful Feminist Future* offers fathers guidance for building a world where their daughters can thrive.

**Lean In for dads.** The most successful leaders of all companies, from family businesses to lean startups, understand that leaders eat last. Your workplace can be a stage for the fight for equality and true leadership that empowers women. The guidance in this book will help you move from TED talks to daily action.

**Invest in the next generation.** Men who were raised with the second-wave feminism of *The Feminine Mystique* know that the personal is political. The confidence code for girls that you instill at home can lead to a better world for all women.

*Dads for Daughters* is a feminist book for fathers who are invested in the gender equality fight. With this book, you'll find:

* Steps you can take today in your workplace and community to create a better tomorrow
* Inspiring stories from successful and empathetic fathers
* Resources to help you take action in the women's movement

*Dad's for Daughters* is (...)

**Author Bio**

Michelle Travis is a Professor of Law at the University of San Francisco School of Law, where she serves as the Co-Director of the USF Labor and Employment Law Program. She received a J.D. from Stanford Law School and a B.A. in psychology from Cornell University. She has taught at Stanford Law School, UC Hastings College of the Law, Santa Clara University School of Law, and the Lewis & Clark Law School. Michelle is an expert in sex discrimination law and policy, gender bias, and women's equality.

Michelle has published eighteen journal articles, including in the **CALIFORNIA**
The Difficult Mother-Daughter Relationship Journal
A Guide For Revealing & Healing Toxic Generational Patterns
by Karen C.L. Anderson

Healing for Mothers and Daughters

A compassionate guide: Karen C.L. Anderson is a storyteller, feminist, and speaker who views the world through the lens of curiosity and fascination. As a mother-daughter relationship expert, she gently guides readers through revealing painful patterns in their relationships to finding ultimate healing. Her book isn't a quick fix. Rather, she writes to help mothers and daughters heal and either reconcile or peacefully separate.

Tips and tools for healing: Anderson comes prepared in this book to offer readers practical advice for creating a healthier relationship. Her previous book, *The Peaceful Daughter's Guide to Separating from a Difficult Mother*, was an international bestseller, and she offers new practical wisdom in this journal. From setting healthy boundaries to creating a new outlook, Anderson helps readers create peace in their troubled relationships.

You're not alone in the struggle: Studies suggest that nearly 30% of women have been estranged from their mothers at some point. It can be difficult to talk about the strain of mother and daughter relationships because they are so often glorified in our society as one of the most precious bonds. If anything, however, that makes them more important to talk about.

Anderson's book is ideal for mothers and daughters alike, whether they read it separately or together. Open it up and find:

* Various prompts and practices for building a relationship around healthy interdependence rather than dysfunctional codependence
* A way to transform things that (…)

Author Bio

Karen C.L. Anderson is a storyteller who believes that the truth never creates suffering and that all stories can be told through the lens of truth. She is also a feminist, a writer, speaker, workshop presenter, and blogger who consciously chooses to live her life as an experiment and to view the world through the lens of curiosity and fascination. Her previous book, *The Peaceful Daughter's Guide to Separating From A Difficult Mother*, is an international best seller, having sold well over 100,000 copies. In another life, Anderson spent 20 years trying to fit her right-brained self into a left-brained career as a trade magazine journalist in the field of plastics (and if she had a dime for every time someone mentioned that line from The Graduate…). She is married to a left-brained engineer and they live in Southeastern Connecticut.
Eat Your Words
The Definitive Dictionary For the Discerning Diner
by Paul Convery

The Comprehensive Etymology of Eating

*Eat Your Words* is a gloriously gluttonous glossary of all things grub and gastronomy: It’s a true treat for anyone who loves language as much as they love food. With witty and fun definitions of everything from aeroponics to zoosaprophagy, this compilation offers definitions of 6,000 unusual and unfamiliar terms across twenty-one fact-packed courses.

For *bon viveurs* and *verbivores* alike: Are you a gourmet who knows the difference between Maldon and Morton salt? Maybe you’re an expert on the properties of heat in cooking. Or you’re a cocktail connoisseur with a taste for tequila. *Eat Your Words* is a surprising treat for anyone who loves learning about food and cooking. If you’re looking for cooking gifts for a friend who devoured *Salt, Fat, Acid, Heat*, this culinary dictionary is the perfect fit.

A delight for word nerds: For Scrabble stars and anyone who excels at *Words with Friends*, *Eat Your Words* is a clever guide to little-known culinary terms that will give you that special edge.

In *Eat Your Words*: The Definitive Dictionary for Discerning Diners, you’ll find terms about:

* A cornucopia of culinary treats from around the world
* The cultivation, selling, and serving of every food you can imagine
* The appetites of diners and their dinners across all species

This new dictionary from the author of *Drinktionary: The Definitive Dictionary for the Discerning Drinker* and *Inkhorn's Erotonomicon: An Advanced Sexual Vocabulary* (...)

**Author Bio**

Paul Convery is a "word doctor" with 20 years' experience as a proofreader, copy-editor and magazine production manager. A lifelong logophile, he is the author of *Drinktionary: The Definitive Dictionary for the Discerning Drinker* (Book Guild, 2017), and has independently published *Inkhorn's Erotonomicon: An Advanced Sexual Vocabulary for Verbivores and Vulgarians* (Matador, 2012). His earlier academic grounding includes postgraduate language studies (University of Strathclyde) and doctoral research in modern European history (University of Glasgow).
Fabulous Female Firsts
The Trailblazers Who Led the Way
by Marlene Wagman-Geller

You Can't Keep a Good Woman Down

Societal mores of sexism and misogyny have kept generations of women on the sidelines of history. But in every era, there are women who refuse to sit back in the shadows. Fabulous Female Firsts is a celebration of those women - the role models who proved that with enough daring and enough tenacity, the impossible can become possible.

Enough is Not Enough. That's what she said. From rebel girls who refused to let their wings be clipped to the suffragettes who claimed new space for women, each trailblazer in this collection of biographies pushed the boundaries for what was possible for women in their time, even if it meant being seen as stubborn, improper, or just a trainwreck. This book is in praise of "difficult women" who made the world a better place.

Feminism Throughout History. Maybe you know their names, but do you know their stories? You'll find inspiration in the company of women. This collection includes the stories of some of the most fabulous women in world history, including Aretha Franklin, Sandra Day O'Connor, Lucy Walker, Sally Ride, Kathryn Bigelow, Misty Copeland, Viola Desmond, Pauli Murray, Emma Gatewood, General Anna Hays, Junko Tabei, and Gertrude Ederle.

Young readers and people of all ages who are inspired by The Diary of Anne Frank and the life of Harriet Tubman will find new heroes in this book. If you enjoyed feminist books like (…)

Author Bio

Marlene Wagman-Geller received her B.A. from York University and her teaching credentials from the University of Toronto and San Diego State University. Currently, she teaches high school English in National City, California. Reviews from her first three books (Penguin/Perigree) have appeared in The New York Times and the Associated Press article appeared in dozens of newspapers such as The Chicago Tribune, The Huffington Post, and The Washington Post. She also penned a review for a Penguin Publishers title.
Faerie Awakening
A Guide to Connecting with the Magic of the Faerie Realm
by Laura Daligan

Enter the Enchanted Faerie Realm

If you liked *Moon Spell Magic* by Cerridwen Greenleaf, *Moonology* by Yasmin Boland, or *The Green Witch* by Arin Murphy-Hiscock, you’ll love *Faerie Awakening*.

You are cordially invited to step through the Faerie Portal. Here you will meet many magical and elemental beings, and explore a path of enchantment, healing, remembering, deep wisdom, and of course, more than a little dose of humour and mischief!

A walk through the Wheel of the Faerie Year: This book is a charmed guide to simple activities, creative projects, meditations, and practical magic rituals to help you integrate into the Faerie Realm and learn the sacred wisdom within.

Meet the Faerie Queens and Kings, Pixies, Elves, Nature Spirits, and many more: Even if you are not yet a fully-fledged “Faerie Believer,” a walk in the park will never be the same once you have been touched by the wild wisdom of *Faerie Awakening*.

*Faerie Awakening* is a guide for Pagans and Wiccan practitioners, those familiar with ritual use of items such as candles and crystals and those who are not. In this book, you will:

* Learn about the Faeries who dwell at the bottom of your garden, your very own tribe of Faerie Guides
* Nurture a heartfelt connection with the wild and natural (...)

**Author Bio**

Laura is an internationally renowned Artist, Mystic, Musician, Witchy Teacher, Fire Dancer, Animal Lover and Advocate.

Her spiritual background is rooted in Paganism, Tarot, Wicca and Shamanic training. From this wealth of magical and personal experience she has created innovative and empowering courses which she regularly teaches both online and in person.

Laura graduated from Falmouth College of Art with BA (Hons) Illustration. Since then her visionary and mythic Art has featured in various books and magazines. She widely exhibits her rich and powerful paintings of Goddesses, Faeries and other Spirit Beings throughout the UK. She has also created the Faerie Oracle Deck and Faerie...
Get the Right Medical Diagnosis
16 Steps That Could Save Your Life
by Randolph H. Pherson

After five years and visits to seventeen specialists who could not diagnose his illness, Intelligence analyst Randolph Pherson's family doctor sent him to the Emergency Room because he had a "look of gloom" on his face. The ER doctors dismissed him twice, but he refused to go home, believing his condition was becoming dire. They acquiesced, scheduled him for a simple procedure, and told him he would drive himself home the next day. That did not happen. He was scheduled instead for major surgery the next morning that saved his life.

The author learned a lot about how the medical system operates in the United States over the five years of his sojourn. This book condenses what he learned into 16 actions a person can and should take to ensure quality health care. The author describes five analytic techniques to spur a correct diagnosis, five obstacles most people will need to overcome when seeking treatment, and six tips for building an effective partnership with your doctor.

The purpose of the book is to help others to live to tell their stories by applying the lessons learned during the author's journey by applying the techniques intelligence analysts use. The author is convinced that more people would have lived if they had adopted this advice and resisted current systemic pressures to treat illness and not diagnose them.

Author Bio

Randolph Pherson is a former senior CIA analyst and manager who has written ten books on intelligence analysis. Most are now being used by intelligence analysts in the United States and in over two dozen countries to improve their critical thinking, writing, and briefing skills. Mr. Pherson last served at CIA as a National Intelligence Officer in the National Intelligence Council. For over a decade since retiring, his company has been developing and teaching analytic techniques and critical thinking skills throughout the intelligence, homeland security, and defense communities as well as in the private sector. Mr. Pherson is the recipient of the Distinguished Intelligence Medal for his service as NIO for Latin America and the Distinguished Career Intelligence Medal. He has an A.B. from Dartmouth College and a M.A. in International Relations from Yale University.
Green Fig and Lionfish
Sustainable Caribbean Cooking
by Allen Susser

Savory and Sustainable Seafood Recipes

A practical guide for cooking seafood: Bringing together the allure of the Caribbean Sea and Caribbean island life, this cookbook offers recipes for cooking with seasonal and unusual ingredients. While most of the recipes call for lionfish, the dishes are simple and flexible so any kind of seafood can easily be swapped in.

Eat fresh, local cuisine: Cooking seasonally and locally takes advantage of the best-tasting ingredients at peak ripeness. Chef Allen Susser, dubbed the "Ponce de León of New Florida Cooking" by the New York Times, expertly and effectively teaches us how to blend the spices of the Caribbean into our cooking while using easy-to-understand techniques.

Enjoy a meal that benefits the environment: The overbearing lionfish population has been threatening the balance of marine life and damaging coral reefs. By incorporating these delicious and nutritious fish into recipes, we can help ease the pressure on surrounding native fish and their fragile ecosystems.

Explore new and exciting recipes in this cookbook full of Caribbean flavor. Discover in Green Fig and Lionfish: Sustainable Caribbean Cooking:
* 40 environmentally-conscious recipes created by a James Beard Award-winning chef with years of culinary leadership and knowledge to share
* A guide to simple and creative eating for those looking for new, healthy recipes
* Dishes such as lionfish coconut ceviche, pan roasted lionfish with passionfruit, banana leaf grilled lionfish, and spicy lionfish tacos with mango chow chow (...) 

Author Bio

Chef Allen Susser is a James Beard Award winning Chef. He has a passionate commitment to local fresh ingredients. The New York Times called Allen "the Ponce De Leon of New Florida cooking". His landmark restaurant changed the way people ate in Miami forever, and effected how we all eat today. Food & Wine magazine named Chef Allen "One of the Best 10 Chefs in America". Chef Allen's Consulting is a boutique sustainable restaurant and hospitality consulting firm - providing strategic initiative, culinary resources, and innovative direction for the industry. One of his current projects is pioneering chocolate in St Lucia, West Indies. His Emerald Estate Vintage
Happy, Okay?
Poems about Anxiety, Depression, Hope, and Survival
by M.J. Fievre

An Exhilarating Exploration of Depression, Anxiety, Grief, and Loss

Fans of Milk and Honey by Rupi Kaur, The Witch Doesn’t Burn in this One by Amanda Lovelace, and Depression & Other Magic Tricks by Sabrina Benaim will love Happy, Okay? by M.J. Fievre.

Do you find the usual depression books are not helping you create your own path to healing? This poetry collection is designed for those suffering from mental illness and the people closest to them.

Paloma is faking it. On the outside, she’s A-Okay; she’s electrified at work; there is a cadence in her step as she walks her dog; she posts memes on Facebook; and she keeps up with most relationships. Looks can be deceiving, however: Inside, Paloma is just going through the motions, and she feels like things are spiraling out of control. But when things are at their darkest, dawn arrives with clarity and focus, and with it, healing. Paloma learns to value small glimmering moments of joy rather than searching for constant happiness, thus building hope for her future.

A manifesto for life. The poems in this book address the emotional contradictions of depression, anxiety, grief and loss, guiding the reader down a path to healing, fortitude, and life-sustaining joy.

In this inspiring and heartwarming book, readers will:

Understand (…)

Author Bio

M. J. Fievre is a Haitian-American poet who writes in English and French. She has been described by Edwidge Danticat as "a prodigious talent."

"M.J. Fievre writes masterfully of emotion, giving concrete weight to words that are otherwise just floating, fluttering ideas." - Pank Magazine

"Every sentence is ripe with flourish." - The Miami Herald

"A fresh voice in an increasingly globalized world, M.J. Fievre is well on her way to becoming one of our generations' most enduring literary talents." -Saw Palm: Florida Literature & Art
I Can Do Anything
Positive Affirmations, Inspirational Thoughts and Motivational Word Card Deck
by Becca Anderson

When you need a pick-me-up or a dose of positivity, Becca Anderson has exactly what you need in her deck of delightful cards designed to lift you up so you can soar. *I Can Do Anything: Positive Affirmations Inspirational Thoughts and Motivational Word Card Deck* is bestselling *Badass Affirmations* author Becca Anderson's favorite affirmations curated especially for anyone who needs support or just a boost to get through the day.

Anytime you find yourself feeling overwhelmed and drained by the busyness of life and too many demands, you need to stop in your tracks and do an attitude adjustment or, more specifically, a "gratitude adjustment." The world is changing all around us with increasing speed; making most of us feel we have no control. Even the daily news can get you down! We are so busy being productive and bullet journaling our way through life that we might be putting our own self-care last. Positive living and affirmation aficionado Becca Anderson has been to the edge of overwhelm and back again. While on her journey, she gathered a lot of wisdom and here is her big takeaway:

If you affirm yourself every day, you can rule the world. More importantly, you can live a life filled with love, joy, fulfillment and satisfaction thanks to your own positive self-regard. We all need reminders now and then. You don't leap out of bed every day knowing you are amazing and about to have an incredible day. Through the art of daily self-affirmation, you can take control of your own destiny and (...) 

Author Bio

Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman's studies scholar and the author of the bestselling *The Book of Awesome Women*. An avid collector of affirmations, meditations, prayers and blessings, she helps run a Gratitude and Grace Circle" that meets monthly at homes, churches, and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with *Prayers for Hard Times* and her latest, *The Woman's Book of Prayer*. The author of *Think Happy to Stay Happy* and *Every Day Thankful*, Becca Anderson shares prayers and affirmations, inspirational writings and suggested acts of kindness at thedailyinspoblog.wordpress.com. She also blogs about Awesome Women at theblogofawesomewomen.wordpress.com. Find her at mango.com
The Joy of Simplicity
Insights to Unclutter and Uncomplicate Your Life
by Allen Klein, foreword by David Kundtz

Find Joy in the Simple Things

Simplify your life with the gentle guidance in The Joy of Simplicity and
find your path to peace of mind.

A wonderful gift for those looking for a breath of calm in the midst of a
hectic life. Allen Klein, bestselling author with over half a million happy
readers, offers a cogent reminder that joy is simply a matter of choice. And it's
yours to make. Relax, release, refocus, and renew. Keep what you need in
your life and let go of everything else including "stuff."

Relax, refocus, renew, and find joy. Learn to slow down, relax, smell the
roses, and simplify your life with the latest collection of insightful quotations
and inspired ideas by the popular "Jollytologist" Allen Klein. The calming
quotes, tranquil wisdom, and power thoughts in this book come from notable
authors, celebrities, philosophers, and others who recognize the virtues of a
simple, stress-free life. Grouped around basic themes like "Go with the Flow,"
"Focus on What's Important," and "Slow Down," these sayings are reminders
that it is still possible to achieve peace and harmony in today's fast-paced
world. Bliss is just around the corner.

Discover the significance of simplicity in Allen Klein's newest book, The
Joy of Simplicity, as well as...

* A reminder that (…)

Author Bio

Allen Klein, aka Mr. Jollytologist"(Reg TM), is no stranger to quotation books.
His previous uplifting and motivational books in this genre have sold over
400,000 copies. Add to that another 200,000+ units sold domestically in non-
quotation categories and the nine language translations. In addition, the
author is the recipient of a number of national awards including both the Best
New Book of the Year Award and a Lifetime Achievement Award from the
Association for Applied and Therapeutic Humor, a Communication and
Leadership Award from Toastmasters, as well as being a Hunter College, The
City University of New York, Hall of Fame honoree. Through his books,
workshops and keynote presentations, the author has devoted over 30 year of
his life to encouraging people to lighten up, to embrace a positive attitude, and
to take back their power. This book will further that goal and validate what
comedian Jerry Lewis said about the author: Allen Klein is "a noble and vital
force watching over the human condition."
Let Me Count the Ways
Wise and Witty Women on the Subject of Love
by Becca Anderson

If there's one thing that's been on the minds of all women for as long as we've been around, it's love. And since wild women have been on the scene right from the very beginning, it's safe to say that we've accumulated a veritable stockpile of wit and wisdom on the subject of amour - both good and bad. Whether the topic at hand is true love, lost love, scandalous love, or even (heaven forbid) unrequited love, we've always got a good story or inspiring motto to share. What better way to celebrate our past, present and future than with a book devoted to one of our favorite subjects? There are many kinds of wild love out there as there are wild women, and that's certainly something worth honoring. With this in mind, there's much more to this book than your usual Valentine's card sentiment (although there's plenty of that for you true romantics to enjoy). In the chapters of Let Me Count the Ways, you'll find reflections on everything from the joys of new love to the heart-break of divorce, from lust and sex to loving someone of the same sex. It's all part of what makes us so wonderfully wild, and it's all part of this book as well.

Author Bio

Becca Anderson comes from a long line of teachers and preachers from Ohio and Kentucky. The teacher side of her family led her to become a woman's studies scholar and the author of the bestselling The Book of Awesome Women. An avid collector of affirmations, meditations, prayers, and blessings, she helps run a “Gratitude and Grace Circle” that meets monthly at homes, churches, and bookstores in the San Francisco Bay Area where she currently resides. Becca Anderson credits her spiritual practice and daily prayer with helping her recover from cancer and wants to share this encouragement with anyone who is facing difficulty in life with Prayers for Hard Times and her latest, The Woman's Book of Prayer. The author of Think Happy to Stay Happy and Every Day Thankful, Becca Anderson shares prayers and affirmations, inspirational writings and suggested acts of kindness at https://thedailynbspblog.wordpress.com She also blogs about Awesome Women at https://theblogofawesomewomen.wordpress.com/ @AndersonBecca_ on Twitter @BeccaAndersonWriter on Facebook @BeccaAndersonWriter on Instagram
Letters from a Better Me
Be the You the World Deserves
by Rachael Wolff

The Empowered Woman is a transformational guide igniting the powerful woman inside us that we've suppressed for too long. Discover how holding onto anger, fear, hate, and separation traps us in an ongoing cycle of destruction. Now is our time to become the best versions of ourselves and have a lasting effect on the world.

The journey starts with taking a trip into our own darkness. We take off our blinders and see how these attacks on our womanhood affect us on deep levels. Once we are aware, we accept what is and heal from the past. Instead of allowing negativity to drive our lives, we let loving energy take the wheel.

Finally, we shift into action, and become the positive change we want to see, instead of festering in the anger, rage, and fear of where we have already been. #MeToo, Rise Up, and Times Up ignited a flame of positive change we can't let go out. Let's honor the brave women who stood to show the world that mistreating women is NOT acceptable. See how letter writing as a Better Me becomes a contract to transform into the best version of yourself. The letters shift negative self-talk and blame into true empowerment. We will release the negative emotional attachments that keep us from experiencing authentic love, which is the essential energy for lasting change. It's time to show the world what we stand for! Free the empowered woman within you!

Author Bio

Rachael Wolff grew up reading self-help, personal discovery, and spiritual writings. She has let her beliefs in helping herself and supporting others inspire the life she leads. Wolff got a taste for helping the masses in the '90s when she became a National Sales Trainer for the indoor tanning industry. She realized that she was more connected to supporting people feel better about themselves than the actual sales. After having children, she became a pre-school teacher and enjoyed learning how our minds develop. She went back to school and graduated from Eckerd College with a Bachelor's Degree in Human Development and a Minor in Anthropology, focusing on cultural anthropology. After receiving her degree with an award in Excellence in Human Development” in December 2015, she launched a blog (http://FromALovingPlace.com) where she chronicles lessons she's learned on her journey. The interest in her blog led her to starting a Facebook page that keeps the motivation going with encouraging words and sharing experiences. Wolff started http://LettersFromABetterMe.blogspot.com to develop an audience who are inspired by letters of hope, healing, and love to encourage readers to become a better version of themselves.
Life Is a 4-Letter Word
Laughing, Wincing, and Learning Through 40 Life Lessons
by David A. Levy

Life Is a 4-Letter Word consists of 40 brief autobiographical essays, each of which culminates in a valuable "life lesson." This is the kind of collection that everyday people will relate to.

Written in a style that is engaging, warm, humorous, and conversational, Dr. David Levy brings his insights and expertise as a veteran psychologist (and baby boomer) and shares a lifetime journey of personal reflections, growth, and wisdom.

Unlike many other self-help books, this book does not lecture, preach, or dispense advice. It's not a "how to" book. Rather, as the stories unfold, readers are enticed to look at, reflect on, and find meaning in, their own lives... while laughing and learning all along the way. In the same way that Richard Carlson's Don't Sweat the Small Stuff inspired a generation, so will Dr. David Levy's uplifting stories and wise advice.

Author Bio

Dr. David A. Levy has extensive experience as a professor, therapist, author, actor, researcher, and media consultant.

Levy is a Professor of Psychology at Pepperdine University, where he has been teaching graduate psychology courses since 1986. Dr. Levy holds professional licenses both in psychology and in marriage and family therapy and has worked in a wide range of private practice and inpatient settings.

Levy's book, TOOLS OF CRITICAL THINKING, (acclaimed as "the thinking person's self-help book"), garnered widespread acclaim for its innovative approaches to improving thinking skills.

As a media consultant, Levy has appeared on over 70 television and radio broadcasts (including CNN, CBS, NBC, PBS, NPR, Fox, NatGeo, A&E, and E!), providing psychological perspectives on current events, and examining issues and trends in the mental health fields.

He has also worked as a professional director, producer, writer, and actor in motion pictures, television, and stage. He received an Emmy nomination for Outstanding Performance in a Network Television Series, and he was a guest star on the television series CHEERS, where he portrayed the leader of Frasier's low self-esteem group (a role which he adamantly maintains is NOT "type-casting")
Listify
List and Journal Your Way to Balance, Self-Discovery, and Self-Care
by Marina Greenway

A Writing Journal for Self-Care and Mindfulness

List-Writing Is Your New Superpower: Lists help us to remember our tasks, round up the cool movies and books we've been wanting to check out, plan our self-care routines, and more - freeing up our brain space by allowing us to chronicle our unique lives on paper. With dozens of lists, journal prompts, and quotes to keep you inspired, Listify invites you to flex this superpower and takes you on a journey of self-exploration.

Self-Care Has Never Been Better: Listify is more than just a self-help book for women. List-writing activities calm us, let us explore our memories, and get all of those things-to-remember on paper. No more overwhelm in your mind! Both a keepsake and a tool, this book will allow you to capture all the beautiful aspects of your life - past, present, and future. Put pen to paper and list and journal to a deeper connection with the most important person in your life: you.

If you liked writing journals like Start Where You Are, 52 Lists for Happiness and Q&A a Day, you will love Listify.

Listify is a great journal to write in for women and men, providing prompts for:

* Acts of kindness you can easily implement every day
* Routines and activities that center you
* Nearby events, parks, and neighborhoods to explore
* Exploring your strongest scent-memories
* “Favorites” lists of books, movies, fictional characters and more!

Author Bio

Marina Greenway is a lifelong literature lover from the tropical shire of Miami. She enjoys journaling, putting together lists, bullet journals, and other fun organizing systems. This hobby inspired her to pen the Listify series for all who also enjoy chronicling their lives on paper. She can be found on Instagram at _MarinaGreenway_ where she shares listing tips, organizing inspiration, book reviews, and adorable pictures of her Yorkie.
Living a Loved Life
Awakening Wisdom Through Stories of Inspiration, Challenge and Possibility
by Dawna Markova, PhD

Discover the Wisdom Within You

An inspirational book to remind us of the life-changing power of love. We live in dark, disturbing times. In a world overcome by dominance rather than collaboration, we need to understand the effect this is having on our own personal significance, and how society’s cultural attitudes are partly to blame for our low self-esteem and negative thinking.

A motivational book that is the perfect gift for women. Dawna Markova, PhD has been a teacher, psychotherapist, researcher, executive advisor, and organizational fairy godmother. She has given women empowerment, creativity, and spirituality presentations around the world to various corporate and non-corporate audiences. Living a Loved Life is an inspiring and evocative collection of stories woven from Dr. Markova’s own experience and those of her clients.

We really should listen to our elders. Their wisdom empowers younger people and in return the young bestow energy and possibility. These connections help us feel that we can make a difference.

Living a Loved Life is a book of hope. In this book, you will:
* Find uplifting stories to help with overcoming challenges
* Learn that you matter and that you are important
* Discover your untapped reservoir of wisdom
* Learn to live in a meaningful and inspired way

If you liked The Gifts of Imperfection by Brené Brown, Note to Self by Gayle King, or I've Been Thinking? by Maria Shriver, you'll love Living a Loved Life.

Author Bio

Inspirational speaker, writer, and researcher, Dawna Markova, PhD is CEO emeritus of Professional Thinking Partners, an organization that teaches collaborative thinking to CEOs and senior executives around the world. She has served as a senior affiliate of the Organizational Learning Center at MIT, and a consultant member of the Society for Organizational Learning and has received a Vision to Action award for her work originating the Random Acts of Kindness movement, the Foster Grandparenting and Peer Counseling programs, and the World Wide Women’s Web.
The Magic Oracle Book
Ask Any Question and Discover Your Fate
by Cerridwen Greenleaf, with Jannette O. Domingo

A Daily Source of Prophetic Inspiration

The written version of a magic 8 ball: Have an urgent question? A pressing need? A probing thought? Focus intently on it, flip the pages of this book, and stop the page with your finger. Read the words before you - the results are surprising and satisfactory! Open this book and find the prophetic answers you're seeking, or simply an added dose of inspiration for your day.

Words from the greats: Author Cerridwen Greenleaf, a writing instructor and medieval scholar, has collected quotes from some of the most renowned thinkers, philosophers, poets, and writers of all time. Find excerpts from a number of poets, from William Shakespeare to Emily Dickinson, Rumi to J.R. R. Tolkien. Crystal ball gazing can be intriguing, but nothing is as clear as the written word!

Invite peace into your day: Taking a moment to pause and reflect on inspiring words can have a significant impact on your day. This oracle in book form offers you a chance to meditate and forecast your future, and it opens the door for peace to flood in. As the author of a number of books on mysticism, Greenleaf employs the ancient arts of divination and clairvoyance in this book to provide guidance, encourage spirituality, and inspire meditation. With this book, she provides readers with an opportunity to cast a simple spell: one of peace, revelation, and mindfulness.

Open The Magic Oracle Book and it will (…)

Author Bio

Cerridwen Greenleaf is a writing instructor, medieval scholar, and practicing astrologer. She leads spirituality workshops and retreats throughout the U.S, and has published a number of books on mysticism. She is also the author of Running Press’s bestselling gift books, The Witch's Spellbook and Spells for Love and Romance. Cerridwen's books have sold over 100,000 copies.
Mindfulness for Warriors
Empowering First Responders to Reduce Stress and Build Resilience
by Kim Colegrove

Coping with the Stress of First Responder Life

A traumatic way of life: First responders have the incredibly difficult job of running toward danger while the rest of us run away. No training can prepare them for what they will see and endure. Kim Colegrove understands what it's like to watch someone go through that. After 30 years in law enforcement, her husband took his own life. This agonizing experience opened Kim's eyes to the desperate need for an effective form of stress-relief and support for first responders.

The power of meditation: No matter our profession, taking care of our mental health needs to be a priority. For first responders like cops and EMTs, ensuring that their heads are in a healthy place is crucial because each day can bring them face-to-face with another trauma. With 40 years of experience, Kim Colegrove is here to share with readers that there is a viable and practical resource for first responders found in meditation.

A source of hope: In 2017, Kim founded The PauseFirst Project, Mindfulness for First Responders. Kim offers the PauseFirst block of training to organizations across the country. She teaches techniques that help reduce stress, regulate emotion, and improve overall health and well-being. Colegrove's work to bring awareness is a tribute to both her husband and the countless other first responders who struggle with the realities of their jobs.

Readers of Kim Colegrove's Mindfulness for (…)

Author Bio

Kim Colegrove is a veteran meditator and speaker with over 40 years of experience. She is the creator of PAUSE15 Meditation? and Learn to Pause? Mindfulness Training, and the founder of The PauseFirst Project: Mindfulness for First Responders.

Colegrove's expertise in meditation has benefited individuals and corporations across the country, including Garmin International, The National Court Reporters Association, Department of Veterans Affairs, United Way, and others.

In 2014, Kim lost her husband David to suicide, less than three months after he retired from a 30-year law enforcement career. She created The PauseFirst
Our Words Restore Us
A Journal
by Jen Cross

Using Your Words to Heal

A holistic approach to recovering from trauma: Creative writing is increasingly becoming a go-to method for trauma recovery. There is great power in the written word, and even more so when those words are our own. Journaling provides a cathartic release of emotions because it allows us to not only process past experiences but also reflect on how we’re feeling in the present moment. In this way, writing is one of the most easily accessible self-care practices.

Give voice to what has been silenced: Healing from trauma can be a slow and painful process, especially for sexual trauma survivors, who are often shamed into keeping their experience to themselves. This companion journal to Jen Cross’s book Writing Ourselves Whole is a space to put the pain on a page, and in doing so, release the hold it has on us and restore our bodies and minds.

Creativity as a tool for change: Trauma and violence leave a distinct mark on our lives, one that is not easily erased. Writing on our own or with a community or group can be an extremely transformative process for creating change both within ourselves and socially. It encourages discussions about mental and emotional health that lead to finding more approaches to healing.

Jen Cross has worked with sexual trauma survivors for over fifteen years and founded an organization that is devoted to creating spaces for survivors to (...)

Author Bio

Jen is the author of Writing Ourselves Whole: Using the Power of Your Own Creativity to Recover and Heal from Sexual Trauma (Mango, 2017); her fiction and creative nonfiction have appeared in over 50 anthologies and periodicals, including Nobody Passes, The Healing Art of Writing 2010, Sinister Wisdom, Matador Review, 14 Hills, and Best Sex Writing 2008. She has a novella, Night Hands, under contract with The Massachusetts Review. She’s been awarded residencies at Hedgebrook and the Kimmel Harding Nelson Center for the Arts, and she holds an MFA in Creative Writing from San Francisco State University. Jen Cross is a bookseller and writing instructor at The Book Passage. Visit her website at writingourselveswhole.org
Savannah Runner
An Atlantropa Articles Novel
by Cody Franklin

Step into an Alternative History

A dystopian world: Cody Franklin’s latest novel introduces a world in which Europe is dying. In this fascinating and unfamiliar setting, we dive into the absurdity of civil war and the various facets of the politics between powerful empires and seemingly unimportant regions of the world. This story twines historical, political, and fictional aspects together seamlessly to create a page-turning read.

From world leaders to refugees: There is nothing like a rags to riches story - but what about riches to rags? By taking the once-powerful European empire and reducing it to nothing, Franklin takes us on a journey that explores the downfall of a prominent population. The people of Southern Europe have been forced to flee into central Africa. The land, though a refuge for some, turns into expulsion for the natives, and with the new wave of European colonization, corruption follows.

An unlikely hero: Dystopian worlds do not often contain your typical heroes, and this story follows suit with protagonist Mathis Travers. Travers was born in the midst of the corruption and chaos, and his story uncovers the relationship between the various political powers and reveals the reasons behind the fall of Europe.

Cody Franklin’s dystopian fiction novel, Savannah Runner, is another look into his previously-created world represented in The Atlantropa Articles. In this novel, discover more about:
* The Atlantropa Project and its effects on Europe’s ultimate demise
* Mathis Travers and (...)

Author Bio

Cody Franklin, better known as Alternate History Hub is one of the top ‘what if’ YouTubers. Using knowledge of geography, population, and other historical facts Cody’s channel details what could have happened if events changed. You’ll learn about how the world would be different if the Axis won World War II, if America lost the Revolution, or even discover entire alternate countries.
Seven Sisters and a Brother
Friendship, Resistance, and Untold Truth Behind Black Student Activism in the 1960s
by Joyce Frisby Baynes, Harold S Buchanan and Jannette O. Domingo

Civil Rights in the 60s: A Story of Student Activists

Meet the inspirational students: This narrative tells the story of seven women and one man at the heart of a sit-in protesting decreased enrollment and hiring of African Americans at Swarthmore College and demanding a Black Studies curriculum. The book, written by the former students themselves, also includes autobiographical chapters, providing a unique cross-sectional view into the lives of young people during the Civil Rights era.

Correcting media representation: For years the media and some in the school community portrayed the peaceful protest in a negative light - this collective narrative provides a very necessary and overdue retelling of the revolution that took place at Swarthmore College in 1969. The group of eight student protestors have only recently begun to receive credit for the school's greater inclusiveness, as well as the influence their actions had on universities around the country.

Stories that inspire change: This book chronicles the historical eight-day sit-in at Swarthmore College, and the authors also include untold stories about their family backgrounds and their experiences as student activists. They share how friendships, out-of-the-box alliances, and a commitment to moral integrity strengthened them to push through and remain resilient in the face of adversity.

The incredible true story featured in Seven Sisters and a Brother will teach you:
* No matter how old or established, institutions can change and will continue to change (...)
Thera-pets
64 Emotional Support Animal Cards
by (artist) Kate Allan

Make Every Day a Little Easier

**Affirmations of self-love to brighten your day:** Fans of Kate Allan and her colorful, inspirational illustrations will treasure this collection of daily affirmations of self-love. She draws from her own experiences with anxiety and depression to create therapeutic and soothing works of art for all. Think of this card deck as a menagerie of emotional support animals to take with you anywhere - an airplane, a trip to the dentist, your first day at a new job, or anytime you need a little boost of cheer and encouragement.

**Give the gift of uplifting affirmations:** Thera-pets is a deck of 64 cute doodles that comes from the bestselling author of *You Can Do All Things*. Each card of positive affirmations offers you a daily moment of joy to escape from the problems so many of us face in this hectic, modern world. Inside, you’ll find:

* Cute animal drawings to calm your mind
* Uplifting quotes to help you through bad days
* Words of wisdom and ways to find mindfulness

*Thera-pets: 64 Emotional Support Animal Cards* is a great gift for anyone who loves *How to Love Yourself Cards: A Deck of 64 Affirmations, and Affirmators!* and *50 Affirmation Cards to Help You Help Yourself - without the Self-Helpy-Ness.*

**Author Bio**

Kate Allan is an illustrator and designer from Washington State. She writes and draws about painful things but aims to make it okay with bright colors and sparkles. Under the handle The Latest Kate, she has a social media following of more than 100,000 people. Her work has been featured in The Huffington Post, The Mighty, Wear Your Voice Mag, Sparklife, and more.
Winning the Vote and Beyond
The Fight for Women's Suffrage and the Century That Followed by Doris Weatherford, foreword by Nancy Pelosi

Women's Rights and the Continuing Fight for Equality

An inspirational gift for women. In her book Winning the Vote and Beyond, Women's history expert Doris Weatherford offers an engaging and detailed narrative history of women's seven-decade fight for the vote, and the continuing current-day struggle for human rights and equality.

Foreword by Speaker of the House Nancy Pelosi. Winning the Vote and Beyond puts the fight for suffrage into contemporary context by discussing key challenges for women in the decades that followed 1920, such as reproductive rights, the Equal Rights Amendment, and political power.

Celebrate the Centennial of women's right to vote in the U.S. Winning the Vote and Beyond is an expansion and update of Doris Weatherford's A History of the American Suffragist Movement, published in 1998 in honor of the 150th anniversary of the 1848 Seneca Falls Convention, considered to be the beginning of the women's rights movement in the United States.

Read Doris Weatherford's Winning the Vote and Beyond and:
* Take pride in the struggles and accomplishments of strong women
* Understand and appreciate the Women's Suffrage Movement and the Nineteenth Amendment
* Celebrate feminism and recognize the challenges that still remain on the road to human rights for all

If you enjoyed books such as Maya Angelou's I Know Why the Caged Bird Sings, The Woman's Hour, Rad Women Worldwide, Warriors Don't Cry, or The Book of Awesome Women; you will want to read and be (...)

Author Bio

Affiliated with the University of South Florida, Doris Weatherford is active in the political arena and has been extensively recognized for her contributions to the field of women's history. She was editor-in-chief and major contributor to the monumental reference work, A HISTORY OF WOMEN IN THE UNITED STATES: STATE-BY-STATE REFERENCE (Grolier Academic Reference, 2004), which offers detailed and engaging histories of women in each of the fifty states. Her other publications include FOREIGN AND FEMALE: IMMIGRANT WOMEN IN AMERICA, 1840-1920 (1986). AMERICAN WOMEN'S HISTORY: AN A—Z OF PEOPLE, ORGANIZATIONS, ISSUES AND EVENTS (1994). MILESTONES: A CHRONOLOGY OF AMERICAN WOMEN'S HISTORY (2007). AMERICAN WOMEN DURING WORLD WAR II.
The Witch’s Guide to Ritual
Spells, Incantations and Inspired Ideas for an Enchanted Life
by Cerridwen Greenleaf, foreword by Arin Murphy-Hiscock

Spiritual Ceremonies to Enrich Daily Life

Practice Sacred Living. Rituals are often performed to acknowledge special, sacred moments of life. When we align ourselves with the rhythms of the earth, we see that every day is sacred. Sacred living is the art of acknowledging the abundance of life and the deep meaning within natural rhythms. *The Witch’s Guide to Ritual* teaches the practice of daily rituals for self-care and personal growth.

The Art of Healing. *The Witch’s Guide to Ritual* can help you create a healing ritual space, whether you are an experienced hedge witch or a beginner exploring new magical practices. You’ll learn about the history of rites and rituals, mythology for today’s world, and how healing works in a modern witch house.

Celebrate life. The key to celebrating the abundance of life lies in the recognition that we are surrounded by all that is magical. Organized by season, *The Witch’s Guide to Ritual* offers a suggested ceremony for each day of the year and includes hundreds of simple rites, suggestions, meditations, and holiday celebrations that can make the ordinary extraordinary.

What you’ll learn inside this book:
* The psychological benefits of rituals in your life
* Why participating in group events enriches your life and brings you closer to friends, family, and loved ones
* How to create an altar or shrine as a power center in your home for spiritual renewal
* Which crystals, herbs, symbols, and talismans can (...)

Author Bio

Cerridwen Greenleaf is a writing instructor, medieval scholar, and practicing astrologer. She leads spirituality workshops and retreats throughout the U.S. and has published a number of books on mysticism. She is also the author of Running Press’s bestselling gift books, *The Witch’s Spellbook* and *Spells for Love and Romance*. Cerridwen’s books have sold over 100,000 copies.

You'll Never Know What You Left on the Table
How America Leaves Billions Behind in the Purchase and Sale of Residential Real Estate and How You Can Maximize the Value of Your Home
by Tracy McLaughlin

Even though most people only enter the world of real estate once a decade, or a few times in a lifetime, many think they understand how it works. They are unaware of what they don't know, and they don't realize how emotions blind them to the market realities - and the resulting losses are extraordinary. In almost every real estate sale, buyers and sellers leave behind thousands or even hundreds of thousands, and even millions of dollars in the process. And they never know it.

And it's only going to get worse.

Technological disruption in real estate is giving buyers and sellers unprecedented access to information and a greater ability to direct the home sales process, but they are ill-equipped. Market information only scratches the surface of what's required to exploit the value of a home. There's a wide chasm between information and expertise.

You'll Never Know What You Left on the Table bridges that gap. Residential real estate commands a great deal of attention in our culture yet there has been no clear road map for buyers and sellers to maximize the value of the sale and purchase of their homes - until now.

The book reveals how a single, seemingly innocuous decision, among hundreds made during the acquisition and sale of a home, can dramatically impact the outcome of the transaction. The extraordinary financial costs to buyers (...

Author Bio

Raised in Marin County, Tracy graduated from U.C. Berkeley and went on to do graduate work in television journalism at Stanford University. Tracy worked for eight years as a reporter/anchor for various NBC affiliates around the country, proceeding to host her own international television show on travel and skiing. Tracy credits her background in journalism and communications for her ability to effectively present properties and negotiate transactions.

In 2006, Tracy founded Morgan Lane, a boutique brokerage in Marin County. In 2009, she and Mark McLaughlin bought Pacific Union International. Tracy helped brand, recruit for and grow the brokerage before selling her interest in it. Pacific Union became the 5th largest brokerage in the United States and
You're Strong, Smart, and You Got This
Drawings, Affirmations, and Comfort to Help With Anxiety and Depression
by Kate Allan

Whimsical Illustrations with a Powerful Message

Broaching the subject of mental health. It's not easy to discuss mental health, even though it affects everyone. We want to believe we can handle anything that comes at us, but the reality is we all have good days and bad days. Because of this, it is important to check in with our mental health. Through guided illustrations, author Kate Allan opens the door to discussion about mental health in an approachable and unassuming manner.

Pep talks for any occasion. Whether you deal with social anxiety, depression, or are simply going through a rough patch, Allan is here with her friendly animals to help. Negative thoughts can keep us from reaching our full potential, not to mention hold us back from attaining happiness. This book is a source of validation and encouragement for those moments when we need a reminder of our worth.

A journey to wellness. The focus of this book is personal growth, both the reader's and the author's. With her beautiful illustrations, Allan guides us through how she went from rock bottom to managing her mental health quite well. By zooming in on mindfulness and prioritizing self-care, Allan expresses how we can get through the hardships we face and come out stronger.

Read Kate Allan's new book, You're Strong, Smart, and You Got This, and find...

* Tips for when you're feeling inadequate, overwhelmed, or down on yourself
* An emotional first (…)

Author Bio

Kate Allan is an illustrator and designer from Washington State. She writes and draws about painful things but aims to make it okay with bright colors and sparkles. Under the handle The Latest Kate, she has a social media following of more than 100,000 people. Her work has been featured in The Huffington Post, The Mighty, Wear Your Voice Mag, Sparklife, and more.
Your Goal Guide
A Roadmap for Setting, Planning and Achieving Your Goals
by Debra Eckerling

While most goal-setting books focus on helping people achieve their goals, only Your Goal Guide starts with that first, crucial step: helping professionals figure out what it is they actually want. In this book, author Debra Eckerling take readers through The D*E*B Method, her brainstorming and task-based system. It’s a roadmap for setting goals, and then creating a plan to achieve them. D*E*B stands for: Determine Your Mission, Explore Your Options, Brainstorm Your Path.

Numerous factors stop people from accomplishing their goals.
* They don’t give their goals enough thought, jump in head-first, and waste a lot of time.
* They spend too much time overthinking their goals, and, even, if they manage to get started, they abandon the project midway, since it was taking way too long.
* They try to figure out their goals in their head and get nowhere; they have no plan.

People are constantly re-evaluating their professional - and personal - situation. Then, they get to the point where they must take action, whether it’s due to circumstance (their job is being eliminated, they’re in an unhealthy work environment, they have to move), choice (they want to start or grow their own business, it’s time for a career change), or both (they want and need to increase their income). But how?

The challenge is to figure out how to set and reach your goals, while the rest of the world - and the rest of your life - is business as usual.

Your Goal Guide, by (...)

Author Bio

Debra Eckerling works with individuals and businesses to set goals and manage their projects through one-on one coaching, workshops, and online support. A professional writer, communications specialist, and project catalyst with more than 20 years of experience, Debra is the founder of Write On Online, a live and online community for writers, creatives, and entrepreneurs and host of the #GoalChat Twitter Chat. After years of working, adapting, and polishing her goal-setting and productivity techniques, she put them into a simplified process, called The D*E*B Method. As part of her business and promotional initiatives, she launched a website, with branding and a social media presence. Debra is the author of the self-published Write On Blogging: 51 Tips to Create, Write & Promote Your Blog and Purple Pencil Adventures: